Baking at home

By SHIRLEY W. WALTON
Extension Agent
Home Baking-Favorite PastTime

Good news for homemakers

To help you make the best use of your oven for baking, I would like to share some pointers from our Foods and Nutrition Specialists of the U. S. Department of Agriculture.

Quality in a baked bread, cake or pie depends in part on the baking pan. It is important to use the size pan specified in a recipe so that the batter will be the proper depth to bake at the proper rate and in the time given in the recipe. Dull or dark baking pans absorb heat better so foods bake faster and the crusts are browner in such pans than in shiny ones that reflect heat.

When using glass baking dishes, reduce the oven temperature 25°F. because glass absorbs heat more rapidly than metal.

A properly adjusted oven is a must for successful baking. Check the thermostat in your oven from time to time with an accurate oven thermometer. Once you know your oven is functioning well, some other pointers which will be helpful to you are: 1. Preheat the oven for 15 minutes. 2. Place pans in the center of the middle shelf of the oven. 3. Do not let pans touch each other or the sides of the oven. 4. Avoid placing pans directly over each other when using two shelves of the oven. 5. Do not crowd the oven. 6. Open the oven door only if necessary during baking, then do so gently and quickly before the cake or bread sees you and collapses.

Homemakers, with the cold winter weather, it is a perfect time to do some baking and freeze some baked products. When freezing them, be sure that you use plastic bags that are designed for freezing. Do not put baked products in any type of plastic bag because the quality will deteriorate and your food products can get what we call a "freezer burn." Please handle carefully and properly when freezing more than one layer of a baked product in a container. Use waxed paper between each layer. This is the best type of wrap to use.

question or problem, you may call us at 352-8244 or you may write P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Sharon's Ranger Cookies

1 cup shortening
1 cup white sugar
1 cup brown sugar
2 eggs
2 teaspoons vanilla
2 cups flour
1 cup coconut
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
2 cups oats
2 cups cornflakes or Rice Krisipies
1 cup nuts

Melt shortening; pour over sugars. Mix well; add eggs and vanilla. Sift dry ingredients together; add to sugar mixture. Add oats, crushed cornflakes, coconut and chopped nuts; mix well. Drop with a teaspoon on greased cookie sheet.

Bake at 350° for 10 to 12 minutes.

Many thanks to Sharon Dowdy, an outstanding 4-H'er from Buckingham County, for sharing this "yummy" cookie recipe with us. Welcome to Sharon as she begins student teaching this week in the Appomattox County High School Home Economics Department.

Happiness is 4-H

By FRANK SWEET

The deadline for 4-H Strawberry orders has been extended until Friday, January 29. Three varieties of strawberries will be offered: Earliblelle, Surecrop and Delite. Order forms are available from the Extension Office.

* * *

At long last we have received a supply of the 4-H Wildlife Project and the "Snacks" 4-H Foods Project. These will be made available to members at their next meeting. We also now have copies of the new 4-H Clothing Project series entitled "Sew for Fun."

* * *

Over 50 4-H members were recognized during last week's 4-H Awards Program. A special thanks to those who had parts on the program including: Kathy Parsons, Brett Marston, Terri Nash, Laurie Cowan, Blair Smith and Laura Walton. Over 125 parents and friends of 4-H attended the banquet.

* * *

4-H Share-the-Fun tryouts have been postponed until the week of February 1. Programs will be held each afternoon from 3:30 until 5:00 p.m. in the Auditorium at Appomattox Elementary School during the week of February 1-5. 4-H'ers may designate which afternoon they plan to participate in Share-the-Fun. Winners during the tryout programs will be invited to participate in the final Share-the-Fun Show on February 20.

* * *

The Appomattox 4-H Advisory Council will meet on Thursday evening of this week at Maude's Restaurant. The Council's purpose is to provide guidance and suggestions for 4-H programs and activities in Appomattox County.

* * *

A recent letter from Dr. Ken Dawson, Director of 4-H, indicates that the state 4-H staff is looking for one or two 4-H volunteer leaders to accompany a 4-H group to Japan during the coming summer. Some scholarship help will be provided for volunteer chaperones. I have some additional details if you may be interested.

* * *

Bluebird houses should be put up during the month of February. With the first warm days of March, bluebirds will begin to look for possible nesting sites. Remember to put your bluebird house on a post or pole in the open and no higher than about 6 feet off the ground.

Meeting set

Geraldine Marshall will be hostess to the Oakville Extension Homemakers when they meet at Oakville School, February 4, 1:30 p.m. Mrs. A. A. Fratrick will be guest speaker. She will explain the purpose and needs of the County Food and Clothing Bank. Everyone is invited to attend this meeting and learn more of this need in our County.

Red House bull sale set

The Senior Bull Sale at Red House is set for noon, Saturday, January 30. Looks like about 73 bulls will be offered, broken down as follows: 38 Angus, 16 Polled Hereford, 13 Simmental and 6 Charolais.

Cattle prices are depressed and this could be your opportunity to load up on a top bull. At least it's worth thinking about.

The January Cattle-on-Feed report shows 9 percent fewer cattle on feed than a year ago.

* * *

Had a call the other day about control of wild sweet potatoes in corn. It can be stopped with only .5 lb. of 2,4-D per acre, but timing is critical. The herbicide needs to be applied when the plant flowers are in the bud stage. Use drop nozzels. This usually occurs when the corn is at lay by height.

* * *

Speaking of sweet potatoes, I note that the Virginia Crop Improvement Seed Farm is offering two new varieties. They are called Travis and Painter and were developed for the processing trade.

Mississippi has introduced a new copper colored skin potato that is very uniform in size and very early. It's called Vardaman. I hope we can get a few potatoes to try.

* * *

The Southern Piedmont Forage Conference is set for Thursday, January 28. There is an excellent program for your use. Some of the topics are: Milo and Soybeans for Silage, Small Grains for Forage, Treating Silage and Hay with Anhydrous Ammonia, Establishing Alfalfa without Tillage, Weed Control in Forages and Intergrated Pest Management.

There's something here for every forage producer. Those wishing to pool transportation can meet at the County Extension Office for departure at 8:15 a.m. The program concludes at 3:00 p.m.

* * *

The Virginia Crop Investment Association and the Maryland Department of Agriculture embarked on a program several years ago to help the consumer identify the highest quality turf grass seed for the two states.

At that time a yellow and green label were released carrying in bold letters "Virginia Maryland Recommended."

The yellow label is the basic recommended label. It fits moderately well in low maintenance situations. The mixture contains certified common Kentucky Bluegrass of either South Dakota common or Kenblue Common Kentucky Bluegrass and may contain a small percentage of Pennlawn creeping red fescue.

The green label is a certified Kentucky 31 tall fescue meeting high quality standards. The newer varieties of tall fescue are finer bladed and have increased density. You can anticipate that Ky 31 will be dropped in favor of an improved variety.

New this year is the orange label which designates the highest quality mixture available. This mixture does not contain any common Kentucky bluegrass, pennlawn creeping red fescue, ryegrass or tall fescue. This is a mixture of the most improved varieties of Kentucky bluegrass. It is recommended for those who intend to maintain lawn areas properly with adequate fertility and water. This is not a low maintenance mixture.

* * *

According to **Virginia Crops and Livestock**, the average cost of producing flue-cured tobacco in Piedmont North Carolina and Virginia is $1705 per acre or 95c per pound in 1979 and this does not include cost of land and quota. This is based on 1779 pounds per acre.

"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

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Rocks News

By CASSIE BALDWIN

Jan. 17: It was zero cold here last weekend. Pipes frozen. Snow and sleet.

Odelle Paulette is in Lynchburg General Hospital with a broken hip. A quick recovery is wished her.

Melvin Garrett entered Virginia Baptist Hospital last Thursday. Get well wishes go out to him.

Mrs. Danny Owen and infant, Paul Andrew returned home on Monday, January 18.

School children went back to school on last Monday but was closed again Tuesday because of sleet and rain. Now closed on Friday.

Mrs. Lockie Moore continues ill and still in intensive care. May she have a quick recovery.

Mr. and Mrs. Frank Lee Elder and Clara Joe and Everly Crain have had the flu. Hope they will soon be out again.

The Prayer Time Circle meeting Tuesday was postponed to a later date because of bad weather.

Melvin Garrett returned home from the hospital on Monday.

Dark tobacco market opened on Wednesday in place of Tuesday because of bad weather. Many farmers were on the market and pleased with the prices.

The funeral of Mrs. Mable White was delayed until Wednesday afternoon because the weather. Sympathy goes out to the Glover and White families. Sorry to hear Mrs. Martha Glover couldn't attend her daughter's funeral because of a broken leg.

Red Shelton died at Virginia Baptist Hospital last Sunday. The funeral was held at Robinson's Funeral Home. Burial was in Rocks cemetery. Sympathy goes out to this family.

Greg Hipps left on Monday for Hawaii after spending a 30 day leave here with his parents, Mr. and Mark Hipps and grandmother, Mrs. Alease Cumby to reached Hawaii safe on Tuesay morning.

Sympathy goes out to Mrs. Nannie Wright Seay in the death of her sister, Mrs. Bessie Wright Harding. The funeral will be held at Hebron Baptist Church on Friday.

Aubrey Ranson will come home from the hospital soon.

Memorial service for Calvin Talley was postponed on Tuesday 'til January 24 at 2 p.m.

Ray Jones was in a Lynchburg hospital recently. May he have a speedy recovery.

Sorry to hear Victor Jones is back in the hospital again in Newport News. May he have a quick recovery. His wife is Rachel Marsh of Appomattox.

The Young Hearts Club will have their meeting at Memorial Methodist Church, Appomattox on Wednesday, January 27 at 10:30 a.m. In case of bad weather the meeting will not be held.

Charlie Louni will leave for Conn. Friday after spending awhile here in the Roy Moore home. Betty will remain here with her mother. Glad to hear Mrs. Annie Webb is back home from the hospital. Hope she will be out again soon.

Mid week Wednesday night service at Rocks was held. Not many out because of sickness and bad weather.

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